



PREF PROPELLER

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[PEAK PERFORMANCE] GET TO THE POINT

Learn to communicate concisely

When it comes to exchanging information, time is truly a precious commodity, and people don't have it to waste. Thus, aimless, long-winded soliloquies are definite communication faux pas. How can we learn to be concise in our communiqué?

The first step is to be mindful of talking too much, says Loren Ekroth, a specialist in human and business communication based in Las Vegas. Most of us easily discern when other people have a tendency to talk too much – their lips just keep on running and running. But “our own mistakes are so habitual, so well intentioned, they easily escape our notice,” he explains. Ekroth refers to his trend as blabber mouthing, and notes that those on the receiving end often tune out in frustration.

It's best to summarize your main point or message in two or three concise sentences whenever possible. Ekroth suggests those who speak professionally – such as professors, clergy, speakers, and trainers – may have to work a little harder. “Let your social conversation be approximately equal in taking turns and using time.” It's all right to share what's on your mind, just not every single thought.

- Robyn D. Clarke

A POINT TO PONDER

Cleaning Lady

By: Anonymous

During my second month of college, our professor gave us a pop quiz. I was a conscientious student and had breezed through the questions until I read the last one: “What is the first name of the woman who cleans the school?” Surely this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark-haired and in her 50's, but how would I know her name? I handed in my paper, leaving the last question blank. Just before class ended, one student asked if the last question would count towards our quiz grade. “Absolutely,” said the professor. “In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say “hello.” I've never forgotten that lesson. I also learned her name was Dorothy.

PREF GROUNDS CREW

By: Dwight Cobbs, PIO Clerk

A special recognition would like to be given to the grounds crew for the great job that they are and have been doing. The grounds are and have been looking good, and, I'm sure, are going to look better. The grounds crew consists of the following:

Mr. Childers, Supervisor

Mr. Dave Rice, Grounds Crew
Mr. Matt Saxton, Grounds Crew
Mr. James Richardson, Grounds Crew
Mr. Derrick Watson, Grounds Crew
Mr. Devon Jefferson, Grounds Crew

Extra special thanks should be given to Mr. Dave Rice and Mr. Matt Saxton for their extra efforts. They've worked weekends at times to get jobs on the grounds done on time.

There will be flowers planted along the walks around the facility in the coming week(s). The grounds crew asks that everybody do their best not to step in the flowers, kick them over, or pull them up. Thank you.

Good job guys!

Eat Smart

By: Jean carper

Eating too much sugar can boost your risk of pancreatic cancer, one of the most deadly cancers, says Swedish researchers. They found that men and women who eat the most sugar (added to foods such as coffee, tea and cereal) were 69% more likely to develop pancreatic cancer than those who ate the least amount of sugar. Even worse: Drinking more than two soft drinks a day, the main source of sugar for Americans, nearly doubled the odds of getting pancreatic cancer.

Researchers explain that sugar is rapidly absorbed in the bloodstream, driving up glucose and insulin levels. Excess glucose can actually poison and kill pancreatic cells, increasing cancer risk. Too much insulin results in insulin-like growth factor, which is thought to promote cell proliferation and cancer.

PREF GOSPEL CONCERT

By: Dwight Cobbs, PIO Clerk

PREF put on a gospel concert last night and it was great! The PREF Praise Team and the PREF Male Chorus performed, and performed well. Good job guys. There were some guest performers as well; Robert Kern, Danny Owens, Pastor Cleve Cross, Mr. Brady and Fetima Dugger. All of the guest performers performed beautifully.

The residents that were directly involved in the concert were allowed to invite some of their family members as guests. Many thanks go out to the guests. We hope that they enjoyed the program. We enjoyed having them.

Many thanks go out to the PREF staff members that attended. Hopefully you all too enjoyed the program.

The concert was open to the resident population and many did attend. For those that did attend, your presence was felt and appreciated.

As successful as this event was, it is the hope of all, I'm sure, that there will be more events like it in the future.

OPINION COLUMN

Topic: The upcoming INDY 500 and Hosiers love of racing.

I'm not necessarily a race fan. However, I am from Indianapolis and the INDY 500 has always been something that I looked forward to each year ever since I was a youngster. As A youngster, I lived maybe five minutes from the 500-race track and could hear the cars rounding the track during practice runs and during the actual race. I've never been to an actual 500-race. My grandfather too my brothers, my cousins, and me to qualifications when they and I were I didn't know how

young. I will never forget that time. I thoroughly enjoyed it. I do plan to go to an INDY-500 race when I get out and to take my godsons, goddaughters, nieces, nephews, and young cousins. I think that they will enjoy it as much as I did the qualifications as a kid. I also think that if you are from Indianapolis that you should go to an INDY 5—race at least once in your life.

- Dwight Cobbs #891991

I went to one of the INDY 500 race qualifications, but have never been to an actual race. I had fun at the qualifications. I was in my 20's when I went. It was something seeing the cars going around the track so fast. I remember them going so fast that I could hardly see them. I want to go to an actual INDY 500 race when I get out, the kids, and me.

- Richard Brinkley #984676

Suggestions for the PREF Propeller Should be e-mailed to Mr. Dalton Haney, PREF PIO, with a subject line of "PREF Propeller" or given to Mr. Dwight Cobbs, PREF PIO Clerk, Young dorm.